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The Vegetarian and Our Fellow Creatures September 1902

The Vegetarian Magazine

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The Vegetarian

AND
Our Fellow Creatures

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VOL. 6. No. 12.

SEPTEMBER 15, 1902

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LINNEVS ❖ GRAHAM ❖ SHELLEY ❖ TOLSTOI ❖ OSCAR II

I tried to explain to her our American broom. They have American carpet sweepers for the matting between the tables, but they use floor brushes—no brooms. When I tried to tell her how we brushed off the rugs with a broom on the days when we did not take them out, she said:

"But then the dirt must go through on the floor, under the rug!"

According to the Dutch standard I suppose Americans are dirty, for I have occasionally, in America, seen brass and copper which did not always look like pure gold, tin which did not look like silver, and windows which showed that they were of material. Here one is about to throw things out, thinking the window is up; and I can truthfully say that every piece of metal is polished, every window shining except in the Jewish quarters of the Holland cities.

The common Jews are dirty and strident here. Of course the educated ones are quite different, as with us.

Another remarkable feature of this restaurant is that fresh flowers are constantly kept upon the tables. Holland is noted for its beautiful flowers, and I have seen several kinds here which were new to me. Their poppies here are two or three times as large as ours. For several days I was half ashamed to stop and look at the flowers in the shop windows, for they were so large and perfect, so brilliant and so exquisitely arranged, that I thought they were beautiful artificial bouquets, and hardly dared to hint that I believed they were real, for fear of seeming ridiculous.

No American interested in vegetarianism should miss calling at this unique hotel-restaurant which is mentioned in Baedeker.

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Restoration of Health by Natural Methods. (Introduction, Food and Beverages, Massage, Physical Exercise, Principles of Water Application, Vitality, Nutrition, Depurating Organs; Skin, Lung and Blood Disorders, Hemorrhages, Cough, Pulse, Fever, Night Sweats, Back Pain, Cold Feet, Lost Appetite, Loss of Weight, and Obesity, How to Manage a Special Case of Tuberculosis. End of our "Methods.")

Futile Attempt at Restoration of Health by the Methods in Vogue. (Introduction, Drugs, Food, Milk, Appetite, Mineral Water, Counter Irritation, Water Cure, Vertigo, Pain, Fever, Night Sweats, Anemia, Vomiting, Dyspnea, A Patient's Weight, and Cod Liver Oil, Dyspepsia, Cough, Hemorrhages, Constipation, Rheumatism, Microbes, Complications, Clothing, Temperaments, Change of Occupation, Change of Climate, Final End of book.)

Address:

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DR. CAREY COMING TO CHICAGO.

Dr. Geo W. Carey, author of the biochemic system of healing, scientist and lecturer, formerly of California, now located at 1554 Papin street, St. Louis, will visit Chicago October 18th, and remain until the 24th at 1814 Michigan avenue, telephone 7162 Calumet.

Dr. Carey will receive friends and callers from 1 to 5 p. m. the 20th, 21st, 22nd, 23rd and 24th. Consultation free.

The doctor's writings and lectures on biochemistry, the new theory of blood formation and electricity has attracted wide attention.

Dr. Carey is a vegetarian of long standing.

THE DINING ROOM

ITALIAN COOKERY.

Vegetarians at least recognize the fact that the foods that are eaten have much to do with the character, tastes, habits, virtues and sins, as well as the face and form of those who eat them. Statistics have proved that the fighting races are meat eaters; the phlegmatic, beer-drinking and sausage-eating Germans, while Italy, the land where meats of all sorts are almost banished from the table in their solid forms, produces the poets, the musicians, the sculptors and artists in greatest number.

ART IN COOKING VEGETABLES.

The Italian can live on fruit, on the bread of his country and the various pastes that form such a nourishing factor in the foods of the nation. But above all has the cook of Italy mastered the art of cooking vegetables.

Americans, as a rule, are not familiar with the true style of Italian cookery as it is practiced in the native land, and must judge from the dishes served at the Italian restaurants, which are largely modified by the French modes of cooking. But even in these establishments one cannot fail to notice the difference in all vegetables served—the potatoes always with their flavoring of cheese, and the common French bean transformed from the tasteless vegetable it is ordinarily to a most delicious dish, rich in color and taste, and as tender in quality as asparagus, although it is usually the toughest and stringiest of vegetables.

STRING BEANS—THE ITALIAN WAY.

The American cook usually considers that when French beans, or string beans,

as they are better known, are stripped of the distinguishing string and boiled in water, they are ready for the table. But the Italian method, or one of the many methods, is more characteristic. The beans are first placed in cold water, after having been prepared by stringing and breaking them in inch pieces. After soaking for thirty minutes they are dried and then thrown into a saucepan of boiling water, with some salt and butter. Then they are cooked slowly for about half an hour, until tender, and are then placed in a dish with fresh butter, salt and pepper.

BEANS AND CHEESE.

Another way of cooking string beans calls for grated cheese, sprigs of parsley, chives, the yolks of two eggs, and beaten cream, with a tablespoonful of powdered sugar added. Every known variety of bean is cooked by the Italian in a different manner, but there is always the addition of some other food.

POTATOES AND PARSLEY.

In the same manner, the Italian dignifies potatoes by some characteristic touch, adding butter, chopped parsley and the juice of two lemons to one dish, while potatoes in casseruola are a still more unusual dainty, that would probably prove extremely mystifying to the Irish epicurean, who always prefers a potato "with a bone in it"—which translated means a half-cooked potato.

POTATOES IN CASSERUOLA.

For the casseruola one pound of mashed potatoes is mixed with the yolks of four eggs, half a pint of cream and two ounces of butter in a saucepan. They are cooked

together until quite hot and stirred to a flaky paste, then sprinkled with salt and pepper. This paste is arranged in a circle on a dish and set in the oven to brown.

The center space is filled in with mushrooms or any cooked vegetables left over from the day before, with the pulp of six tomatoes stirred into the mixture. The Italian has just thirty ways of preparing this most ordinary vegetable, each one quite as new, as odd and as appetizing as the foregoing.

MACARONI SALAD.

Take enough macaroni broken in lengths convenient to eat (but not too short) to make the amount you wish served when swollen to its full capacity. Place this in hot water in a dish and set back on the range, and let it simmer until the raw taste has left it, say generally one hour. It should be entirely covered with water and with a cover. Now remove it from the stove and let the water drip off through a colander, then lay on a cloth and sprinkle salt on it to absorb the moisture. Make for the macaroni a dressing of cooked cream or a mayonnaise. Or use a tomato sauce and serve with macaroni salad. Serve with cheese sticks.

A SIMPLE MENU.

Breakfast.

Oranges; Ralston Breakfast food with milk; corn meal muffins, with maple syrup; bread and butter; cereal coffee.

Dinner.

Vegetable soup; savory mock chicken pie; mashed potatoes; canned green peas; lettuce salad; chocolate pudding; raisins; nuts; bread and butter; cocoa.

Supper.

Protose steak; bread and butter; celery; raised cake; apples; milk.

A VALUABLE "GUIDE BOOK."

Those desiring to follow up the subject of a non-meat diet in their homes will find much valuable information in a book recently issued from the press of Thomas Y. Crowell & Co., entitled "A Guide Book to Natural, Hygienic and Humane Diet," by Sydney H. Beard. Mr. Beard is, perhaps, the foremost food reformer in England. He is the editor of the Herald of the Golden Age and author of many kindred publications. From the above book we quote: "The accepted scientific classification places man with the anthropoid apes, at the head of the highest order of mammals. These animals bear the closest resemblance to human beings—their internal organs being practically identical with those of man—and in a natural state they subsist almost entirely upon nuts, seeds and fruit. * * * Man does not resemble either internally or externally

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any carnivorous animal, and no unprejudiced student of the subject can well escape the conclusion that, when we descend to the level of the beasts of prey by eating flesh, we violate a physical law of our being and run the risk of incurring the inevitable penalty which nature exacts for such transgressions.

"Through lack of knowledge, mistakes are often made by those who commence to abstain from flesh food; certain necessary elements are often omitted from their diet, and failure sometimes results; therefore a variety is necessary for beginners to insure complete nourishment. Circumstances and individual tastes must regulate the rate of progress toward what may be termed Edenic living. The wisest plan is to make one's diet generally as varied as possible, but not to mix many articles together at the same meal. And one of the most important facts to be borne in mind is that our food must contain a sufficient quantity of fat, of phosphates, and of proteid matter. These are found in nuts, olive oil, brown (wheat) bread, pulse foods, macaroni, cheese, milk and other products.

"Persons who live principally on fruits of all kinds are not often tempted, like those who partake of savory and toothsome (meat) dishes, to eat after the needs of the body are satisfied. They thus escape one of the chief causes of disease and premature death—excessive eating. They also avoid, to a great extent, the temptation to eat when they are not hungry.

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